



THE CENTER NEWS

A Monthly Publication of Shipley Center - August 2026



SHIPLEY CENTER
SUMMER LUAU

FRIDAY, AUGUST 14 at 1:00

Members \$22
Non-members \$27
Tickets go on sale for members July 20
and non-members July 22.

Entertainment by the
NA HULA 'O WAHINE 'ILIKEA dancers
and long term Hawaii residents
Lona and Joe D'Entrone

Thank you Ridgeline Homecare for Sponsoring this Event!

MENU
Grilled Spam
and Pineapple Skewers
Kalua Pork
Huli Huli Chicken Wings
Hawaiian Macaroni Salad
Hawaiian Sweet Rolls
Pineapple Carrot Cake
Hawaiian Punch

SHIPLEY CENTER

BENEFIT SALE BEGINS AUGUST 20TH

Clothes • Books • Home Décor • Furniture • Tools • etc.

MEMBERS ONLY
THURSDAY, AUGUST 20TH. 9:30-2:30

OPEN TO THE PUBLIC:
FRIDAYS AND SATURDAYS
THROUGH SEPTEMBER 12
9:30-2:30

**THANK YOU FOR YOUR
DONATIONS!**

Sale Chairpersons:
Angela Jeziorski
Renee Millar

**A BIG THANK YOU TO OUR
CORE VOLUNTEERS**
Who have given hundreds of
volunteer hours!

Ray Bentsen
Brian Davis
Marie Grad
Cheryl Hamilton
Karen Hanson
Shirley Ledbetter
Richard Mansell
Greg Millar
Marion Rutledge
Daniel White
Jean Wolfe



TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

Office hours: 9 to 1 Monday-Friday



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org

PREMIER PRESENTATION: August 11, at 4:30

Sierra Nevada Rail Journey: December 2026

Treasures of Ireland: April 2027

Planning for 2028 now, so bring me your ideas!

COLLETTE TRAVEL PRESENTATION TBD

Christmas on the Danube: December 2027

The Plains of Africa

with an optional 5-night Tanzania post-tour extension:

October 2027

Call Trips today to reserve your seat! 360-683-5883

PARKING CHANGE! For safe parking across the street, please drive to the area marked with orange cones!

Your Trusted Local Bank for 102 Years — Let's Talk About Your Future

For over a century, we have helped our neighbors save more, borrow smarter, and grow stronger.

- Personalized financial solutions tailored to your needs
- Local decision-making on loans and mortgages
- Bankers who know you by name and care about your goals

Talk to your local banker today. We're here to help—whether you're buying a home, growing your business, or just looking for better banking.

Wills Award Winner



Robin Booker

Branch Manager

Sequim Ave

NMLS# 1433280

rbookter@ourfirstfed.com



Nicole Pruden

Branch Manager

Sequim Village

NMLS# 1560819

npruden@ourfirstfed.com



ourfirstfed.com | 800-800-1577

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Dungeness Courte
MEMORY CARE



Adult Day Stay Program, 7 days a week
Short-term Respite Program, 7 days a week
Long-term placement
24-hour on-site nursing team
Locally owned and managed
Large outdoor gardens and walking paths

Call us or stop by today!

(360) 582-9309

www.dungenesscourte.com

651 Garry Oak Drive Sequim, WA 98382



**We are open
Monday-Thursday
9am to 2pm
Dine in or take out!**

Leo's Café with Chef Kathryn Kitts

Please note our new schedule!

'A Little Café with a Lotta' Love'

Serving breakfast and lunch, Leo's Café is open 9:00 until 2:00, Monday through Thursday. We look forward to serving you!

HERE'S WHAT'S COMING, STARRING LEO'S CAFÉ

August 14: our Hawaiian Luau

**September 25: "Safety First" featuring
Shipley's Rainshadow Readers**

October 16: Oktoberfest Fun

November 20: Thanksgiving Luncheon

December 18: Christmas Dinner



Building Update

By now you can see where all the new Anderson windows across the front will be at 651 West Washington Street, our new Shipley Center location. Framing inspection is coming up soon, and then insulation and drywall will go up. Light switches, fixtures and electrical outlets are being installed. Stainless steel wall panels and sinks are being installed for our new kitchen. Five sets of

8-foot-tall fire doors for the gym and dance hall just arrived on a huge pallet. (\$19,000 worth)

We are getting close to the "home stretch" and appreciate your past and future support. Those individuals and businesses who donate \$1000 or more will have their names permanently listed in the new building as our partners in this endeavor. Let's finish this year strong and get this Center open! People are getting excited—we've added 99 new Shipley Center members in just the last 90 days. Join us!



The Center News is published monthly by Sequim Senior Services, dba Shipley Center

921 E. Hammond St. Sequim, WA 98382 Year 55 Issue #8

DEADLINE for submissions for each edition is the 15th of the preceding month.

Submissions may be sent to: newsletter@shipleycenter.org. All submissions are subject to editing.

For Advertising rates and info, contact programs@shipleycenter.org

Community Announcements



Volunteer Hospice of Clallam County

Is hosting in-person volunteer orientations for those interested in learning more about volunteering with the organization.

The first session is scheduled for Tuesday, August 4th, at 11 a.m., it will be held at a location in Sequim to be disclosed at the time of registration. A second orientation is scheduled for Wednesday, August 5th, at 11 a.m. in the VHOCC conference room, 829 E. 8th St., Port Angeles.

Registration is required for both sessions by calling 360-452-1511 or emailing reception@vhocc.org.

Community friends of Clallam and Jefferson Counties:

Your local **Target Zero Coalition**, a group of traffic and collision/injury prevention specialists, is asking for your input on traffic safety. We have lots of information about collisions, but little information about near misses (close call events that did not result in injury or property damage, but had the potential to do so).



We've put together a survey to fill our knowledge gaps about roadways and behaviors on the Olympic Peninsula that contribute to close calls—the actual near-miss experiences you've had, which can shape crash prevention. The 'experts' don't know what they don't know! This survey can help us learn together 😊.

Click the link to the short survey. 8 question survey link: <https://forms.cloud.microsoft/g/bZZgCH3Gf>

The June meeting of the Sequim Diabetes Support Group

will be held at Shipley Center in the Art Room **Wednesday, August 5, 10am-11am.**

A general meeting with very helpful information, the event is open to the public and free.

Any contributions are given to Shipley Center for the use of the space. Next month's meeting is September 2, 2026.

VETERANS COFFEE SOCIAL

Join Assured Hospice on the 1st Thursday of each month at 10:00 In the Shipley Center Library.

Pastries and Coffee and good conversations.

921 Hammond St.
Sequim, WA 98382



GRIEF AND WELLNESS SUPPORT GROUP

Led by Debbie McIntyre

TUESDAYS AT 2:00

In the Shipley Center Art Room

All are welcome.



WOW! WORKING ON WELLNESS

*****THE FORUM*****

2:00 PM – 3:00 PM KSQM FM (91.5) Radio Station
August 12, 2026

"Artificial Intelligence and Mental Health:
What do We Know"

Speaker: Dr. Joshua Jones, Medical Director,
Providence-St Joseph Health System

Whole Foods Plant Based Potluck Group
meets 2nd Thursday at 11:30 in our Front Room.
Thursday, August 13.

All are welcome: beginners and seasoned plant-based-diet people. Curious about plant-based diets? Please join us.

We are learning together!

Don't know what to bring? No worries. Showing up is the most important step.

Call Chuck 425-503-2929 or

Wendy 360-463-6355 with any questions.



Personal help with your Medicare questions.



1st and 3rd Tuesdays from 10:00 to 12:00.
No charge. No appointment needed.



DUNGENESS VALLEY HEALTH & WELLNESS CLINIC
THE SEQUIM FREE CLINIC
A Beacon of Health A Beacon of Hope

Urgent Care Drop-in
Mondays and Thursdays
4:30-6:00

777 N 5th Ave #109

Chronic Care: Tuesdays by appointment 360-582-0218



MICHAEL SMITH, EXECUTIVE DIRECTOR

What is It?

It has more effect on your life expectancy than obesity.

It can lead to increased spending, impulse purchases, excess gambling, and other poor financial decisions.

It is linked to physical illness and stress.

It causes many to gravitate towards “comfort foods” and “junk foods”.

It can make you more susceptible to being taken advantage of by friendly phone and email fraudsters, and even romantic scammers who woo you, but who only want your money. (If in doubt, ask someone you trust if you should send the money or not. If you don't run it by someone you trust, your chances of getting taken multiply.)

More about *It*

It can lead to earlier functional declines in areas like your ability to walk, get up out of bed or a chair, drive, feed and dress yourself, pay your own bills, and you may even lose interest in bathing and personal hygiene.

It can weaken your immune system and your body's ability to fight disease and infections, leading to an earlier death.

It can cause you to feel depressed and to lose your brain's cognitive function earlier than you otherwise would.

Emily Dickinson called it *The Horror not to be surveyed*. What is *it*? *It is loneliness*. It is also called “social isolation” . . . and “the epidemic nobody likes to talk about” . . . and it is serious.

Studies have shown how beneficial participation with others in activities at a senior or community center can be in helping to alleviate the problem of loneliness. You may find that you can beat “the Horror not to be surveyed” by exploring all that we have to do here at *ShIPLEY Center*. We are a vital, nonprofit, community resource. Supporting and participating in what we do is just as important as supporting and participating in any other cause.

Whether it is for ping pong, exercise class, computers, a seminar, tai chi, a card or table game, or to have breakfast or lunch in *Leo's Café*, you are welcome to come hang out with us here at Shipley Center!

A whopping 1 in 3 people age 65 and over live alone. Half of people 85 and over live alone. Loneliness is an “aversive signal,” like hunger or thirst or pain. “Denying you feel lonely makes no more sense than denying you feel hunger,” according to John T. Cacioppo of the University of Chicago's *Center for Cognitive and Social Neuroscience*. We were made to be with people, so admitting loneliness should not carry a negative connotation. You are not a bad person or weak; you are just lonely. But prolonged loneliness could *make* you weak . . . less motivated to move, to get out of the house, to exercise, to do much of anything, along with all the risks listed above.

I encourage anyone who might be feeling a wee bit *or a lot* lonely to come on down to see what is happening here at Shipley Center. Sign up for a class or trip! Drop in on an activity. Get tickets to the next social event! Volunteer! Don't be socially isolated. Get dressed, put on your shoes, and make your way down here... we don't bite! With places like *ShIPLEY Center* available to you at low cost, there is no excuse! We even offer free memberships to low-income individuals, so there's *really* no excuse!

Friendship * Recreation * Education. It's not just a tagline; it is who we are, what we offer, and what we do. And DOING fun things, WITH other people, just might be what the doctor ordered! Try it!

Michael



DANCE LESSONS

"WEST COAST SWING"

Taught by Alan & Beth

PARTNER REQUIRED

1 hour lesson followed by half hour of guided practice

MONDAY NIGHTS 6:00 - 7:30 pm
September 7, 14, 21, 28

LOCATION - SHIPLEY CENTER
921 E Hammond Street, Sequim

\$40 per person for the entire series
- Not open to drop ins -

Pre-Registration Required

(All proceeds donated to Shipley Center)

FOR INFORMATION and REGISTRATION:

BETH - (360) 582 - 9038 or (360) 808 - 8600
dancer.280instructor@gmail.com

New Members

Cheryl Bell	Doug Niwa
Brian & Trina Berg	Mary Niwa
Susan Bott	Lisa Parise
Brigette Buckley	David Reeve
Nancy DeBusman	Laurie Reeve
Yvonne DeForest	Thomas Rice
Ed DePue	Lisa Schroeder
Steven Eggers	Liza Searles
Doug French	Aleta Smith
Mary French	Mark Smith
Barbara Hagans	Kate Lily Souza
DiAnn Heath	Johnathan Stevens
Warren Husman	David Toman
Lynn Ilon	Denise Thomson
Barbara Jenkins	Glen Thomson
Marge Klapproth	Cindy Titterness
Annette Krelle	Dan Titterness
Terry Krelle	David Toman
Crystal Leclercq	Lorraine Wall
Judith McBride	Russell Wyatt
Karen McRae	
Michael McRae	
Kathy Morris	
David Nelson	
Kathryn Nelson	



THE Albert Haller FOUNDATION

Est. 1992

Albert Haller, successful logging entrepreneur and philanthropist, left a legacy that has been supporting community causes in Clallam County for over 30 years.

The Albert Haller Foundation, a 501(c)3 non-profit charitable organization, would appreciate your contributions and estate gifts to continue this important work.

Please go to www.alberthallerfoundation.org to learn more.

You may also contact Alan Millet, attorney, at 360-683-1119

In Loving Memory

Susie Dong	Fred Middaugh
Bo Engmyr	Lisa Shinn
Gretchen Glenny	Margaret Thomas

You all matter to us!

If you haven't seen one of your regular attendees in a while, please call the office to let us know and we will make a call to check on them. Thank you for helping us care about everyone!



"Shipley Center is grateful to the Albert Haller Foundation for their \$60,500 in grants to help us renovate our new location!"

Thank You TO OUR DONORS

Members Giving Monthly (MGM) Club!

GENERAL FUND

Shirley Anderson
Frank Argersinger
Theresa Bancroft
Jerry LaJambe Bean &
Wanda Bean
Roena Blank
Cheryl Brown
Helen Bucher
Beverly & James Cone
Margaret Cox
Larry Cross
Cindy Crossman
Beth Culhane
Bobbie Dahm
Jane Felland &
Michael Varon Felland
Barbara Filigno
Theresa Fox
Ren Garypie

Richard Godsey
Melinda Griffith
Karen Hanson
Donna Heien
Margot Hewitt
Deb Hudson
Lois & Mary Huston
Anne Kask
Jerry & Paula Koch
Ron and Victoria Lane
Judy Lange
Jim & Ruth Lavrakas
Yvonne Linnabary
Diane Lopez
Ilonka Mackenzie
Carol & Peter Macrae
Norma & Richard
Michels
Luigi Nicoloso

Debbie & Glenn
Patterson
Mary & Steve
Porter-Solberg
Louise Potter
Betsy Racoosin
Mary Ellen Reed
Linda Rees
Marion Rutledge
Molly Schwarz
Pat Shook
Becky & Lynn Skilling
Elizabeth & Michael
Smith
Miriam Spreine
Morgan Stephenson
Mimi Sutton &
Butch Zelenka
Robbie Varney
Susan Waldroup

Dennis Westernen
Mary Lou Westman
Cindy & Dave
Yarnchak
BUILDING FUND
Lynn Berg
Ken and Wendy Foster
Beth Glick
Scott Johnson &
Lauralee Wadsworth
Judy Larimore
Philomena Lund
Jim & Natasha Nichols
Jill Palmquist
Douglas Rayburn
Vicki Sheckler
Linda Strohm
Barb Uram
Ann & Scotty Wells
Anonymous

Recent General Fund Donors

Stephen & Suzan
Baranowski
Beverly Cunningham
Yvonne DeForest
Marge Fisch
Richard Godsey
Patricia Gracz

Joan Krogh
Amber Leary
Jim & Marlene Lewis
Joanna Pinick
Tanya Reichenbach
Darius & Vicki
Richards

Jeff & Missy Russell
Sharon Scairpon
Randy & Sherry Smith
Patricia Touchie



THANKS FOR KEEPING THE LIGHTS ON!

Helping us Build



Robert Begin
Rena Blank
Mary Jo Camagna
Beverly & James
Cone

Donna Heien
Douglas Rayburn
James Sargeant
Linda Strohm
Mimi Sutton

Ann & Scott Wells
Christine Wrobel



"IL Carosello Italiano"
An Interactive and engaging
class on daily conversations
while speaking Italian.
Thursdays 2:30-4:00
in the Art Room.



Spanish Conversation meets
Thursdays 9:30-11:00
in the Art Room.



Interested in Readers Theatre?

Join the Rainshadow Readers, reading
plays, stories, poems and original writing
from participants. Scripts are also
rehearsed for presentations at local
senior living communities. (No memorization required!)

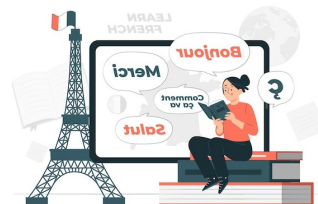
Mondays at 12:00 in the Front Room.

Cours de Français

with Susan Zarit

FRIDAYS AT 2:30

In our Art Room



Mahjong

New to Mahjong?

Call Diane Whitaker to arrange
for lessons: 360-775-6150

Ready to play Mahjong? Join in
every Wednesday from 1:00-4:00 in the Classroom.



EUCHRE
Every Thursday
10:00-12:00 in the Classroom
Just show up for
fun and laughter!

Cribbage

Led by David Squier

Tuesdays 11:00 to 1:00

In the Front Room



Bridge

Wednesdays 12:00-3:30

In our Front Room

Please call Earl Karich to express your
interest: 360-582-7917

2nd & 4th Saturdays
6:30-9:00

Please call Diana Smith: 360-775-5126

S C R A B B L E

Join us every Thursday in the Classroom at 1:00!

**NEW
TIME!**



Games start at 12:00 on Thursdays.

Come early to purchase your cards.

Members \$1/Non-members \$2.

Bingo Cards are just 50 cents each.

15 games, and we also have a Potluck.

BIG Money on the last Blackout.

Play Responsibly!

PINOCHLE

Led by Vicki Kingsolver

Tuesdays at 1:00 in the Classroom



MEXICAN TRAIN

Mondays at 10:00 in the Classroom

Just show up and have fun with us!

360-683-6806



**Hand
and
Foot**



HAND AND FOOT

Fridays

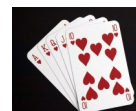
9:00-11:00
in the Classroom



Ante up!

Join the Shipley Center Poker Group

FRIDAYS at 11:30
In the Classroom
There's room for you at the table!





Hula

Tuesdays 2:00 - 3:30

In the Dance Hall

Members \$3, Non-members \$6
Please call Sandi Lazzaro for information
360-809-3390

PERSONAL SAFETY/SELF DEFENSE



Led by Retired Police Officer
Ken Phillips

Is on hiatus for several weeks.



Watch this spot for the restart date!

Line Dance on Fridays!

10:30-12:15 High Beginner

12:30-2:00 Beginner 2

2:15-3:30 Beginner 1

In our Main Room



Chair Ballet is on Summer Break.

See you in September!

Join Bayley Johnson to relive childhood dreams and build strength and grace.

This 55-minute class is adapted for those with mobility and balance issues. We will begin each class in a chair and advance to simple steps.

You will leave feeling poised and empowered



Come join Beth Glick for
ZUMBA GOLD

Mondays and Fridays at 11:00
Wednesdays at 11:15

Easy Stretching with Keoki

This is a full-body stretch followed by guided relaxation.

This floor activity requires a yoga mat.
A blanket is also recommended.

Mondays at 2:30 in our Front Room



Chair Qi Gong

For Balance, Flexibility &
Mindful Focus

FRIDAYS AT 9:30 IN OUR FRONT ROOM

Led by Richard Chabot



Have YOU tried YOGA?

EZ Yoga

Wednesdays and Fridays at 1:30

\$3 Members \$6 Non-members



The gentle art of TAI JI

led by

Steve Arstad and Scotty Wells

10:00 on Tuesdays in the Main Room

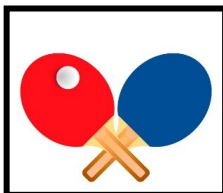
Ping Pong

Tuesdays 12:00-1:30

Wednesdays/Thursdays 3:30-5:00

Sundays 1:30-3:00

All levels of skill welcome!



TAI CHI CHUAN

Join Richard Chabot for this
classic practice.

Wednesdays at 10:00

In our Main Room



Ukelele Play and Sing

Mondays 1:00-3:00

In the Main Room

Fiber Arts

Tuesdays in our Front Room at 9:30

Fridays in the Art Room at 9:30



BASIC MEDITATION CLASS via ZOOM!

Friday Mornings at 9:30

A basic guided meditation class led by Jean Kipper.

Sponsored by *Dungeness Courte Memory Care*.

No class fee is required.

For more information call
360-683-6806



Dungeness Courte
MEMORY CARE

AUGUST 2026-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
3 9:00- Balance Class 9:00- NO Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukelele 1:00-Computer Clinic 2:30-Easy Stretch	4 9:30-Fiber Arts 10:00-Meet and Paint 10:00-SHIBA 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	5 9:00-Balance Class 10:00-Diabetes Support Group 10:00-Exercise is Fun 10:00-Tai Chi Chaun 11:15-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	6 9:30-Spanish Conversation 10:00-Euchre 10:00-Vet's Coffee 11:30-Exercise is Fun 12:00-Bingo 1:00-Scrabble 1:00-Luncheon 2:30- ILCarosello Italiano 2:30- NO Personal Safety 3:30-Ping Pong	7 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High Beginner) 11:00- NO Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner 2) 1:30-EZ Yoga 2:15-Line Dance (Beginner 1) 2:30-French Class
10 9:00-Balance Class 9:00- NO Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	11 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	12 9:00-Balance Class 10:00-Exercise is Fun 10:00-Investing Class 10:00-Tai Chi Chuan 11:15-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	13 9:30-HEALTHY U Crystal Rodman 9:30-Sewing 9:30-Spanish Conversation 10:00-Euchre 11:30-Whole Foods Plant Based Group 12:00-Bingo 1:00-Scrabble 2:30- ILCarosello Italiano 2:30- NO Personal Safety 3:30- NO Ping Pong	14 Luau at 1:00 9:00- NO Balance 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30- NO Line Dance (High-Beginner) 11:00-Zumba Gold 11:30-Poker 12:30- NO Line Dance (Beginner 2) 1:30-EZ Yoga 2:15- NO Line Dance (Beginner 1) 2:30-French Class
17 9:00-Balance Class 9:00- NO Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	18 9:30-Fiber Arts 10:00-Meet and Paint 10:00-SHIBA 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	19 9:00-Balance Class 10:00-Exercise is Fun 10:00-Tai Chi Chuan 11:15- NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	20 9:30-Sewing 9:30-Spanish Conversation 10:00-Euchre 10:00-Healthy U Sherryl Chandley-Brown 11:30-Exercise is Fun 12:00-Bingo 1:00-Scrabble 2:30- ILCarosello Italiano 2:30- NO Personal Safety 3:30-Ping Pong	21 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High-Beginner) 11:00- NO Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner 2) 1:30-EZ Yoga 2:15-Line Dance (Beginner 1) 2:30-French Class

AUGUST 2026-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
24 9:00-Balance Class 9:00- NO Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00- NO Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	25 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 12:30-Book Club 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	26 9:00-Balance Class 10:00-Exercise is Fun 10:00-Investing Class 10:00-Tai Chi Chuan 11:15- NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	27 9:30-Spanish Conversation 10:00-Euchre 11:30-Exercise is Fun 12:00-Bingo 1:00-Scrabble 2:30- NO ILCarosello Italiano 2:30- NO Personal Safety 3:30-Ping Pong	28 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High Beginner) 11:00- NO Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner 2) 1:30-EZ Yoga 2:15-Line Dance (Beginner 1) 2:30-French Class

31 9:00-Balance Class 9:00- NO Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	The Essentials of Road Worthiness with Ted Boothroyd This one-session class teaches the essentials of simple auto maintenance for those who have no knowledge of the topic. You will learn a complete walk-around inspection of your car or truck and important information on how not to waste money on your vehicle. We will not get dirty, change parts or crawl on the ground. Thursday, September 24. 10:00-12:00 Please call the office to express your interest. 360-683-6806 
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 COME PAINT WITH US!	MONDAYS 9:00-12:00 Water Media Drop-in In the Art ROOM	TUESDAYS 10:00-12:00 Meet and Paint In the Art Room	TUESDAYS 1:00-4:00 North Olympic Watercolorists In the Front Room
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No Line Dance Social in August!



SUNDAYS PING PONG 1:30-3:00	Next Accordion Social! Shipley Center 921 E. Hammo0nd St. Sunday, September 13 , 2026, at 1:30.  Join fellow accordion players and enthusiasts for an afternoon of music and dancing. Toby Hanson, a composer, arranger and master of polka music will be our featured player. \$5.00 suggested donation at the door.	SATURDAYS BRIDGE 2nd and 4th Saturdays 6:30-9:00
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Spotlight on Lynn Ilon

By Margaret Cox

As I entered Shipley's Main Room for my Balance Exercise class one morning in late June, I was met by two of the participants with, "Margaret! There's someone new here that you should do a 'Spotlight' article on . . . she's lived ALL OVER the world! Well, always on the lookout for people to feature, I met Lynn Ilon (ee'lon). Lynn shared, "What a privileged life I have lived. The poor educated me. I learned to listen and observe." Not yet even a Shipley member, she became one that day . . . and you are about to read all about one amazing woman!



Early Years: Lynn was born the middle of three children—a brother on each side—in Spokane. The family lived there until Lynn's freshman year of high school. Her father, a construction contractor, got a job in Hawaii, so the family was off to that state, where Lynn graduated from Kailua High School (where *my* daughter graduated from some years later!).

Education: Not exactly sure what she wanted to pursue as a career, Lynn studied and earned a BA degree in Anthropology from the University of Hawaii. As her academic interests morphed, she earned MS degrees in Educational Research & Statistics (SUNY, Albany), and Economics (Florida State). Combining what she had learned through those years, they laid the foundation for her PhD program in International Development Education (Florida State) which would become her life's work.

Micronesia and Zimbabwe: While at the University of Hawaii, she met her future husband, Epel Ilon, from Micronesia. They lived in Hawaii, and Micronesia. When Epel became an Ambassador to Washington DC, the couple moved there for five years, and that is where their son, Mathew Ilon, was born. After Washington, Lynn completed her doctorate in Tallahassee, Florida. While writing her dissertation at the World Bank, a colleague suggested that she apply to a position that the U.S. was funding in Zimbabwe. Feeling the need for experience in an additional international setting, Lynn took a position teaching Statistics at the University of Zimbabwe.

Malawi and Jordan: Being one of only five experts (and the only woman) in the world in *the Economics of Education for Development*, Lynn was recruited by the State University of NY at Buffalo as a professor of International Education Development. She was now sought after as a consultant on development projects. USAID asked, "Can you join a USAID project in Malawi?" What began as a two-month consulting assignment to look at the costs of schooling, led to several later returns to that country.



Classroom in Uganda 2001

A major part of Lynn's work was focused on expanding the opportunities for educating girls. Although poor girls could attend school, most would not because of the costs and stigma created by having to declare themselves too poor to pay. So, Lynn suggested the government pay for *all* girls in the poorest regions. The next year, thousands of girls began attending high school! Quite an achievement!

From there, a coalition of Harvard University and the World Bank asked her to advise Jordan on how to make education a central input of their economy. SUNY Buffalo gave her a leave of absence to complete that work. She takes pride in knowing that the groundwork she laid there has led to Jordan now having one of the highest levels of education which underpins one of the world's highest GDP growth rates for a country of its size!

Continued on p.13

Back to the States . . . and Bangladesh: Lynn later joined Florida International University in Miami as a professor. During the summers, she continued consulting throughout the world. One assignment took her to Bangladesh, where she estimated the costs of expanding the nation's education system over the next ten years.

“Korea called!” and asked if she would lead a new program at Seoul National University to educate young Koreans in the field of International Development. Lynn went, ending up living there for nine years! It was during this time she wrote her first book, *The Cost of Not Educating the World's Poor: The New Economics of Learning*.

COVID and South Africa: COVID hit! While still living in South Korea, Lynn was designing a program for South Africa. She texted her son, a UW graduate in Computer Science—now a website troubleshooter—living in Seattle, that “I’m coming to you in a week.” Each day, more flights were being cancelled, so five days later, Lynn grabbed two suitcases and flew to Seattle, where she stayed with Mathew until she got her bearings. During this time, Lynn stayed in an Airbnb in Port Angeles and fell in love with the beauty of the area. After COVID, she *did* go to South Africa for two years, working on a project to empower local communities to organize themselves and build new possibilities.

Coming to the Peninsula: After leaving South Africa in 2023, she returned, found a place in Port Angeles with an ocean view and has lived here since. She joined “Great Decisions” at Sequim Community Church and a “Political Roundtable” in Port Angeles where’s she enjoys the discussions and has made several presentations.

Lynn loves to sew (her Bernina sewing machine filled much of one of her two suitcases when she got out of South Africa!). She collects modern art glass, and has collected paintings from all over the world - reminders of the people she met there. She makes two or three trips a year to meet up with colleagues in her field; and is now working on her second book, *Other Worlds*, exploring how a girl from Spokane came to spend her life learning from people around the world—and how those experiences transformed her.

Of Her Life: Lynn has countless publications, reports, and lectures. But she is a humble person, acknowledging “Whenever I was in a new country, I told them to take me to a rural area. I had to imagine how life would be for me if I lived there. What would make sense for them to be able to build from?” For so much more information about Lynn’s interesting life, you can go to lynnilon.com. I promise you, it’s not boring! You’ll be fascinated . . . and impressed!

Shipley Center: Lynn’s initial impetus for coming to Shipley was the Investing Class. (Lynn laughs: “Although having an extensive background in economics, I knew nothing about investing!”) Seeing that an exercise class preceded it, she thought she’d check it out . . . and that’s where we met!

Lynn is impressed with Shipley Center: “Just coming here, you can tell that something’s thriving; something good is happening, and people know what they’re doing. You can feel the energy!” Of the new building, she enthuses, “It will give Shipley Center a new life!”



The Balance Exercise class saying goodbye to long-time participant, 91-year old Alice Berejikian (seated, center), moving to be closer to her son in Gig Harbor.



Also representing Balance Class, Mary Lou Westman and Mary Wochaski pose as they wait for class to begin.



1	Alice Crapo	8	Beverly Cone	15	Jeanie Mcnamara	25	Jan Reichl
	Zelta Fox		John Erskine		Judith Sigler		Leslie Ringuette
	Jean Howard		Karen McRae		Diana Smith	26	Michael Coles
	Ronald Kunsman		Becki Roberts	16	Victoria Lane		Gerard Cookson
	Mary Slater	9	Kelly Crawford		Marsha Melnick		Denise Kane
	Christine Wrobel		Carole Crose	17	Cheryl Hamilton		Virginia Macher
2	Mark Anderson		Stephanie Day		Jean Lortz		Kathy Morris
	Danny Fuller		Cynthia Smith		Louise Potter		Patty Mowrey
	Robert Hagan		Patricia Snyder		Miriam Spreine	27	Felix Arena
	Barbara Heckard	10	Dana Cowan		Nancy Webb		Gloria Diloreto
	Mary Jensen		Ann Evanow	18	Duane Chamlee		Mark Miller
	Robert Kiellison		John Evanow		Helen Motokane		Linda Lee Peterson
	Carol Medlicott		Paul Jacobs		David Otis		Debra Smellie
	Jacquelin Middaugh		Gail Manfredi	19	Philip Aurdal	28	Karen Boorman
	Sara Ellen Peterson		Jan Maxwell		Roger Briggs		Ken Cox
	Morgan Stephenson		Gary Roberts		Jean Marzan		Ernie Kozun
	Suzi Ure		Roger West		Pamela June Rademacher		Cheryl Parsons
3	Michael Crone		Ruth Weston		Renate Melvey		Steve Resende
	Atha Gillanders	11	Linda Carrick	20	Richard Michels		Sherri Smith
	Tom Lamure		Pamela Carter		Madeleine Offergeld		Kenneth Sweeney
4	Mary Bell		Eva Costa		Tammy White		Antoinette Teglovic
	Helen Hoveskeland		Jeff Creamer		Rick Withey	29	Beth Zentz
	Walter Livingston		Tony Guerrero		Lucinda Soha		Sandra Boren
	Jennie Peterson		Harriet Hopgood	21	Jane Stewart		Susan Chamberlain
	Coral Wheeler		Therese Peifer		Cyd Kriletich		Doug Crabb
5	John Goodwin		Ed St Charles	22	Hazel Lowe		Barney Hall
	Clyde Lawhon		Walter Stetter		Barbara Maier		Barbe McClung
	Donna Olson	12	Sherryl Chandley-Brown		Pepai Whipple		Barbara Uram
	Janet Robertson		Albert Fisk	23	Jack Clark	30	Virginia Wilson
	Elaine Spath		Lee Hendershott		Janel Geddes		Rene Becker
	Carmelinda Wiley		Martin O'Brien		Gary Laxson		Tom Brunton
6	Nancy Block-Olexick	13	Mary Allen Clark		Norma McGill		Donna Conn
	Donna Green		Ted Kueper		Debbie Mecham		Mary Dagleish
	Kara Selby		Juanita Mulvey		John Oaks		Linda Gordon
	Jean Wolfe		Willard Steenhout		Terri Seifried		Steven Loska
7	Patricia Ackerman		Linda Weber		Steve Tucker		Marilee Morse
	Barbara Barry		Paula Wood	24	Sharon Hankey		Ann Salmon
	Sue Hagan	14	Raymong Beighle		Susan Hoglund		Sandi Simmons
	Arlene Honnold		Jim Newport		Jean Kipper		Rick Vito
	Bill Mueller		Sheila Pfister		Cheri Martin		Patsy Wahl
	Lon Redman		Claire Alkire		Linda Moeder	31	Ann West
	Kathy Renehan	15	Kim Bauer		Harold Smith		Larry Blanken
	Bonnie Svardal		Mike Delian		Lana Smith		Rosalie Camin
	Pamela White		Cynthia Green		Thomas Burgin		Anna Copley
	Dawn Wolff		Maureen Kobunski	25	Mary Jane Hughes		Cheryl Dixon
8	Glennidia Bridenbaugh		James Macki		David Milosevich		Carol Taylor



SUMMER PUZZLES

L G T S U N F L O W E R N H K
O O S R Z N O I T A C A V C W
O H U H O T W E A T H E R A A
H I G D R A G O N F L Y W E T
C K U F R R P I P E A C H B E
S I A B F Z Y H A R V E S T R
D N N H B L A C K B E R R Y I
C G W C I I N I H C C U Z E N
E S D M I B A C K P A C K D G
D T A L U P O R C H A R D A C
I F D C O U N T Y F A I R N A
R S E O T A M O T H E D A O N
Y B A R B E C U E M E F N M H
A S U N S H I N E N Z M X E B
H X T R S W E E T C O R N L S

- AUGUST
- BACKPACK
- BARBEQUE
- BEACH
- BLACKBERRY
- CORN
- DRAGONFLY
- GARDEN
- HARVEST
- HAYRIDE
- HIKING
- LEMONADE
- ORCHARD
- PEACH
- PICNIC
- SUNFLOWER
- SUNSHINE
- TOMATOES
- VACATION
- ZUCCHINI

August Word Scramble

- SUWENLRFO _____
- LOREXIAATN _____
- COAMHKM _____
- YCLECB I _____
- IRUFT _____
- IPCAGMN _____
- ICTVAAON _____
- EBBARQUE _____
- OSPLPICE _____
- CIDCAAI _____
- KABARCYD _____
- NSADALS _____
- YILFEFR _____
- TGUAUS _____
- LNMAEWEORT _____

FIND THE HIDDEN OBJECT

There is a small drawing of a waterhose somewhere in the newsletter.

Send your name, phone number and the page number where you found the item to programs @shipleycenter.org.

You will be entered to win \$4 in activity bucks or Leo's Café bucks.

Please enter by
August 14!



- | | | |
|------------|----------|------------|
| SUNSHINE | SANDALS | CAMPING |
| PLAYGROUND | BACKYARD | FRUIT |
| SAILBOAT | CICADIA | BICYCLE |
| WATERMELON | POPSICLE | HAMMOCK |
| AUGUST | BARBEQUE | RELAXATION |
| FIREFLY | VACATION | SUNFLOWER |



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SHIPLEY CENTER HEALTHY U

Please join us for this speaker's platform providing information on how to maintain our health and fitness as we grow older. We currently have two presenters.

Crystal Rodman, RN

Presents:

Living Well as We Age

2nd Thursday at 9:30

In our Front Room

**Thursday, August 13: Crystal speaks on
Planning Wisely to Stay Home Longer**

Designing your stay-home strategy before crisis hits.

Crystal is Chief Care Navigator for
Unity Path Health Navigation Partners.
She joins us at Shipley Center to educate and
support us in practices of healthy aging.

Sherryl Chandley-Brown

Presents:

Separating Brain Myths from Brain Facts

3rd Thursday at 10:00

In our Front Room

**Thursday, August 20: Movement and the
Brain: Why the Body Matters**

We'll explore how everyday movement helps support a
stronger, more resilient brain as we age.

Sherryl is a Board Certified
Integrative Nutrition Health Coach

She joins us to educate us on how the brain changes with age
and what actually helps.

Exercise is fun!

We do low-impact
aerobic exercise
designed to support your
balance and core.

Class begins with 10 minutes of "Barb Paschal's
Words of Wisdom", then 30 minutes of aerobics.

We end with 20 minutes of stretching.

It's fun and easy. Bring a yoga mat and your
best jokes to the Front Room on
Wednesdays at 10:00 and Thursdays at 11:30.
(NO meeting on the 2nd Thursday)



You're invited to BOOK CLUB

Led by Richard Quinell

Join in and read one
common book per month* and enjoy lively
discussion with other members.

4th Tuesdays

12:30-1:30

In our Art Room



August's Book: "All the Light We Cannot See"

*May be available in Sequim Public Library

Volleyball Anyone?

Looking for volleyball players!

All skill levels from never played, to competitive.
My name is David Pinick and I love to play volleyball.

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Give me a brief note about your
experience and what you would
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in prep for the new building. Who
knows, we might even get some
summer outdoor games going!



\$\$Shipley Investing Class****



The Investing Class meets twice a month on
the 2nd and 4th Wednesdays at 10 am in the Art
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economic and financial news, and long term
diversified investment strategies suitable for your
age, risk tolerance, and investment objectives.
If you have questions, call Rich Snow at
360-710-6899.

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Monday-Friday 9:00am - 4:00pm

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Compost Host

On Saturday, August 8 from 1-3pm volunteers from
 A Long View Farm in Sequim will be collecting your
 kitchen scraps in the Shipley Center parking lot. Bring a
 bucket of kitchen scraps to drop off. (no trash/plastic).

The farmers will collect your kitchen scraps and send you
 home with your bucket, and a big smile of gratitude for
 helping reduce waste and improve our local soil! A Long
 View Farm will make compost from the scraps to help
 regenerate soil and grow food for the Sequim Food
 Bank.

*Composting the food scraps from one household diverts
 approximately 0.39 metric tons of CO2 equivalent per
 year from entering the atmosphere.*

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The Center News Sneak Peek...

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Trips and Tours: See Green Insert!

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Trips hours: 9:00 – 1:00 Monday – Friday trips@shIPLEYcenter.org

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August 2026

Did you know that August is National Sandwich Month? In 1762, the sandwich was popularized by John Montagu, the 4th Earl of Sandwich. According to legend, the compulsive gambler had his servants bring him meat between two slices of bread so he could eat without interrupting his card game! So even though he didn't invent them, the Earl is forever linked to those wonderful creations of all kinds that we call sandwiches today. There are some fun days this month, like August 7th being International Beer Day . . . the perfect excuse to grab a cold one! The 8th is National Cat Day, so give your kitties some extra treats that day! And in honor of the Earl, get a sandwich from Leo's Café and go on a trip with the Shipley Fun Bus!

Mariners vs the Tigers, Thursday, August 6th – Digital tickets again this year. This is a Mariners Senior Day event, so along with your ticket, there is lunch! The price includes the game ticket along with the ferry fees. I have arranged for all of our seats to be in the shade so we can enjoy the game comfortably. Eric will be our driver. Right now there is a waiting list, so call me asap to get put on it.
Departs 7:30am to approx. 6:30pm **\$140/M145/NM**

Coupeville Arts & Crafts Fair, Sunday, August 9th – We had such a great time last year, we are going to do it again! This festival features over 150 talented artisans from the Pacific Northwest showcasing handmade crafts. There is also a food court, local shops and restaurants. Margie will be taking us on the ferry to this historic town.
Departs 8:15 to 5:30pm **\$60M/\$65NM**

PREMIER WORLD DISCOVERY PRESENTATION, Tuesday, August 11 at 4:30 – Liz Bell will be bringing us some really exciting trips like Treasures of Ireland, Fantastic Florida, Sierra Nevada Rails, and more! Please call Trips to sign up so I know how many chairs to put out.

High Tea, Butchart Gardens, Victoria, BC, Monday, August 17th – We are returning to the Gardens again this year for an amazing British-inspired High Tea, with leisure time spent in the famous Butchart Gardens! No fancy dress required; just dress like you were going to a nice restaurant. We will be coming home on an earlier ferry, not as late as last year. Remember to bring your passport or Enhanced ID. Eric will be our driver. ***Please call me and pay asap – I need to make reservations for the ferry and the Gardens!***
Departs 7:00am to approx. 5:30pm **\$185/M\$200/NM**

Clearwater Casino, Tuesday, August 18th – Join the gang for a fun day out at our favorite casino! We are in need of more people to keep going on this trip. So, tell your friends, family and neighbors to come and join in an exciting day of gaming, lunch and camaraderie with Debra as our driver.
Departs 9:00am to approx. 4:00pm **\$15 per person**

Quinault Beach Resort & Casino, August 24th- 26th – Two nights at this resort, right on the beach! If you like the casino, this is a nice little getaway. There is also shopping downtown for when you've had enough beachcombing. **(Please keep in mind that these are rooms on the beach during peak season).** Debra will be our driver.
Departs TBD **\$542/dbl\$768sng**

Emerald Downs, Saturday, September 5th – We haven't done this trip in a long time! Live thoroughbred racing, great food, and a wonderful view of Mt Rainier. New to horse racing? The friendly staff at the education booth will teach you what it's all about. There is the ***Rainier Restaurant*** for lunch, or try out the concession stands for grab-and-eat choices. There is also a casino! Be sure to call, email, or drop by the office to sign up!

Departs at 8:00 to approx. 5:30

\$77/M\$82/NM

Issaquah, Jakob Two Trees Troll Viewing and Lunch, Thursday, September 17 -- We will be going "troll hunting" with our driver Margie and will meet Jacob Two Trees, another amazing creation of Danish sculpture artist, Thomas Dambo. We will be stopping for lunch (on your own) before heading home. (This has been postponed from August due to scheduling difficulties.)

Departs 8:30 to approx. 4:30

\$72/M\$77/NM

September 21st – 24th, Portland, OR – Fabulous Falls and River Cruisin' – Multnomah Falls, lunch at the lodge, tour of Powell Bookstore in Portland, lunch cruise on the Portland Spirit, Titanic Exhibit at Oregon Museum of Science and Industry, 3 nights, 4 days at the Oxford Suites at Jantzen Beach. Your hotel, museum tickets, and lunch cruise fare are included in the price. And there also might be time for a stop at Voodoo Donuts! (This trip has been postponed from July) There is still room!

Departs TBD

\$490dbl/\$720sng

NOTE for Troll Afficionados! Starting October 15th, the Point Defiance Zoo and Northwest Trek are sponsoring "Trolls: A Field Study" by renowned Danish artist, Thomas Dambo. We would start at the Zoo to find 8 of the 12 Trolls, (October 15th) then on to Northwest Trek (November 4th) to look for the remaining 4. I'm taking names now, so be sure to call!

LOOK FORWARD TO:

Chemainus dinner/theater featuring "Peril in the Alps," an Agatha Christie mystery,

October 12th-14th. I'm still working with the hotel on this, so as soon as I have the price, I will call those already on the list.

IMPORTANT INFORMATION

You may have noticed there is a change in our parking situation out in the grassy area where we usually park our cars when on trips. Please park on the right side, where the orange cones are.

We now have a NO COFFEE OR SODA policy on the bus due to the difficulty of cleaning spilled drinks after trips. Thank you, Lou Foldoe and Dan White, for keeping our bus clean and attractive!

A few days before each trip, we call to confirm the time of departure. If there is no answer, we leave a message. Please check your voicemails before the trip! (We do our best to contact everyone, but sometimes a message has to be left.)

Due to the rising cost of gas, ferry prices, added taxes and fees on hotels, museums, etc., the final cost of all trips has increased. I'll continue to keep them as reasonable as possible.

Thank you for your understanding.

See you on the Shipley Bus!

Debbie

"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

—Sylvia Plath